



## Transitional Aged Youth (TAY)



### Program Overview

Upper Bay Counseling's **Transitional Aged Youth (TAY) Program** helps individuals ages 16 to 24 learn the skills needed to obtain independent housing, competitive employment and a positive, sustainable social support system through an individualized rehabilitation plan.

### Areas of Focus

- **Employment** - participants develop resume writing & interviewing skills; how to evaluate current job opportunities, manage conflicts in the workplace, appropriate workplace socializing and effective work habits.
- **Education** - the participant will develop a continuing education plan, including post secondary education, vocational training or other educational opportunities. They will learn how to apply for college, develop effective study skills, organizational techniques, as well as how to cope with test anxiety.
- **Life Skills** - participants will learn a variety of skills needed for successful transition into independent living, including budgeting, nutrition, hygiene, housing and transportation.
- **Supportive Social Networks** - peer-led support groups will be available to help address appropriate social issues & offer healthy ways of coping. Topics may include participation in school clubs, maintaining positive friendships, coping with social anxiety, conflict resolution & healthy social boundaries.

### Population Served

The TAY Program will specifically focus on needs of individuals with emotional and/or behavioral DSM IV diagnosis transitioning from dependent child to independent adult. Ages of participants range from 16 – 24 years of age. Participants must be residents of Harford County who eligible for medical assistance through the state of Maryland. TAY participants are required to be active in outpatient treatment with a minimum of 2 outpatient mental health treatment sessions per month. The participant's therapist does not need to be an employee of UBCSS, referrals are accepted from outside mental health agencies.

### Referral Process

If you are currently receiving mental health services with a therapist, please contact Erin Fisher (under 18 years old) or Deb Parker (18+ years old) at 410-939-8744.

If you are not already receiving mental health services, please contact our intake call center at 410-996-3450 or 800-467-0304.

### For additional information

If you have questions or need additional information, please contact Erin Fisher or Deb Parker at 410-939-8744.

